

## Grounding Exercises

### Creation Awareness

Settling into your seat, permitting yourself to feel comfortable, relaxed, and alert.

Close your eyes or look down softly.

Notice that as you breathe in, you are taking in oxygen, which is released by trees and all green-growing things. As you breathe out, you exhale carbon dioxide, which in turn is being taken up by trees.... Let yourself feel your connection to the air, to the trees, and grass, and everything green.....

Now let yourself feel the weight of your body in the seat.... You are as solid as the earth and made from the same atoms of carbon, oxygen, hydrogen, and nitrogen that make up the earth....

Now let yourself sense the inner motions within your body.... Maybe you are aware of the gurgling in your belly or the throb of your beating heart. Maybe you sense the circulation of blood as it moves through your body.... It is as if within your body you are carrying rivers, lakes, and the ocean.....

Now scan your body. Get a sense of your body as a whole.... Now consider this: all the elements that make up your body came from stars that exploded millions of years ago....

Our bodies connect us to the air and to plants, to the earth, to waters and the sea, to the animals, and to the stars.

Let yourself appreciate the goodness of the amazing body that God has given you and feel your kinship with the whole Creation...

...inhaling and exhaling to your own rhythm..... for these next minutes of quiet

*after the quiet period you want to hold*

... in your own time coming back into awareness of the space you are in....opening your eyes and acknowledging those around us in the room or on-line.....